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A mount for an appliance such as a TV monitor which includes a box-like frame having a catch part at the top of the frame. A swivel part which may be attached to either the ceiling or the wall is provided. The catch part has a slot into which the swivel part is fitted, thus engaging the catch part to support the frame and the appliance. The disclosed support provides for ease of assembly as the appliance is supported from the ceiling or wall by the mere placement of said swivel in said catch part, without requiring any other assembly. The appliance may be tilted or rotated in the support.

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